



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09172, Longans, raw

Report Date: June 30, 2017 12:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	82.75	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	251	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	1.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phosphorus, P	mg	21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	266	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.169	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.052	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	84.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.031	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.034	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.026	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.054	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.046	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.025	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.058	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.157	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.126	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.209	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.042	1	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Proline	g	0.042	1	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Serine	g	0.048	1	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982